

SYLLABUS FOR_M.P.Ed. PREVIOUS ENTRANCE TEST

Max. Marks : 60

1- Introduction, Foundations and Management of Physical Education

- 1.1 Aims and objectives of Education and Physical Education and Contribution of Physical Education to Education
- 1.2 Biological, Psychological and Sociological Principles and their Application in Physical Education.
- 1.3 Different Schools of Philosophy and their relevance to Physical Education.
- 1.4 Meaning, Phases, Nature and Importance of Management.
- 1.5 Location, Preparation, Layout and Maintenance of Play Fields Construction, Care and Maintenance of Gymnasium and Swimming Pool.
- 1.6 Equipments in Physical Education Criteria of selection, procedure of purchase, care and maintenance of equipments.
- 1.7 Intramural and Extramural Programmes.
- 1.8 Budget for Physical Education -Budget making and accounting

2- Health Education

- 2.1 Definition of Health and Description of its components.
- 2.2 Definition, Scope and Principles of Health Education.
- 2.3 Health Problems in India
- 2.4 School Health Programme
- 2.5 Nutrition, Assessment of Nutrition, Classification of Food, Balance Diet.

3- Anatomy, Physiology and Physiology of Exercise

- 3.1 Essential properties of Living Matter
- 3.2 Cell, Tissues, Organs and Systems-Structure and Function
- 3.3 Bio-Electric Potential.
- 3.4 Study of following systems and processes with a view to understand the effect of exercise on Different systems of the Body.
 - 3.4.1 Cardio-Vascular System
 - 3.4.2 Respiratory System
 - 3.4.3 Nervous System
 - 3.4.4 Metabolism and Temperature Regulation
 - 3.4.5 Sensory System.

4- Educational Methods and Educational Technology

- 4.1 Teaching Technique in Education.
- 4.2 Principles of Teaching, Commands and Class Management
- 4.3 Lesson Planning- Physical Education and Coaching Lessons
- 4.4 Tournaments-Knockout, League, Combination and Challenge types.
- 4.5 Audio-Visual aids-values, criteria for selection and suggestion for use.
- 4.6 Presentation Techniques in Physical Education.
 - 4.6.1 Preparation, Comment and Formation.
- 4.7 Micro Teaching, Simulation Teaching.
- 4.8 Definition of Components of an Instruction System, Advantages of System Approach.

5- Educational Psychology

- 5.1 Growth and Development, types of learning, principles of learning, Learning use
- 5.2 Factors of learning and theories of learning
- 5.3 Individual Differences
- 5.4 Personality (Meaning & Nature)
- 5.5 Memory & Types of Memory.

6- Kinesiology and Corrective Physical Education

- 6.1 Types of Joints & Muscles.
- 6.2 Major Terminologies of Fundamental Movements.
- 6.3 Location and Action of Major Muscles.
- 6.4 Motor Unit and all and Non-law.
- 6.5 Reciprocal Innervation.
- 6.6 Equilibrium and Friction.
- 6.7 Prevention of Injuries
- 6.8 Massage
- 6.9 Postural Deformities.
- 6.10 Therapeutic Exercises
- 6.11 Rehabilitation of Sports Injuries.

7- Tests & Measurements

- 7.1 Tests, Measurements, Evaluation, Statistics, their Meaning?
- 7.2 Measures of Central Tendency, Measures of Variability.
- 7.3 Percentile and Correlation
- 7.4 Criteria of Test Selection
- 7.5 Motor Fitness Tests, Skill Tests of different Games & Sports.

8- Adapted Physical Education

- 8.1 Types of Disability, their causes and functional limitations.
- 8.2 Behavioural problems associated with disability.
- 8.3 Principles for adapted Physical Education Programme.
- 8.4 Rehabilitation of various types of disability.
- 8.5 Functional & occupational rehabilitation.
- 8.6 Psychological Rehabilitation.

9- Sports Training

- 1.1 Meaning, Definition and Principles of Sports Training.
- 1.2 Definitions, types and factors of training load.
- 1.3 Meaning and Classification of speed, strength and endurance.
- 1.4 Training method of speed, strength and endurance.
- 1.5 Definition and method of teaching training.
- 1.6 Meaning, types & importance of periodization.

10- General Awareness.

- 10.1 Reasoning.
- 10.2 Sports Knowledge.
- 10.3 Current Affairs.

SYLLABUS FOR M.Phil. ENTRANCE TEST

Selection (A) Current Affairs and General Awareness	M.M.10
Selection (B) Research Methods	M.M. 25
<ul style="list-style-type: none"> I. a Characteristics of research worker. b Types of research –basic, applied and action research. II. a Formulation of research problem. b Location and criteria of selection a research problem. c Limitations and delimitations. III. a Meaning and definition of Hypothesis. b Significance of Hypothesis. c Types of Hypothesis. IV. Non-Laboratory research. <ul style="list-style-type: none"> 1. Historical research-meaning, historical sources and their evaluation. 2. Survey studies-Questionnaire, Interview and case studies. V. Laboratory research. <ul style="list-style-type: none"> 1. Experimental research. 2. Meaning designs and control of experimental factors. 3. Experimental designs and control of experimental factors. 	
Section (c) Applied statistics	M.M. 25
<ul style="list-style-type: none"> I. Statistical processes and their application in research. II. a Probability – Meaning and methods of computing probability. b Binomial expansion and computing probability for the obtained scores, problems on dice. c Normal curve-definition and properties of normal curve. d Divergence from normality – Skewness and kurtosis. e Development of norms in the form of grading scales – Hull, sigma T and percentile scales. III. a Meaning and definition of Hypothesis. b Why sample is preferred over population. c Size of sample. IV. a Testing of Hypothesis null and alternative Hypothesis. b Degree of freedom. c Type I and type II errors. d One and two tailed tests. e Level of significance. 	

1. Sports Psychology

- I. Motor Learning
 - a. Meaning of motor learning.
 - b. Factors affecting motor learning.
 - c. Motor development in various periods of childhood and adolescence.
- II. Psychological aspects of Competition
 - a. Defining of competition.
 - b. Determinates of competitive behaviour.
 - c. Characteristics-pre-competition, and post competition state.
 - d. Selected psycho-regulative techniques for relaxation and activation.
- III. Psychological aspects of long term and short-term preparation for competition.

2. Exercise Physiology

- I.
 - a. Fuel for muscular work (ATP.)
 - b. Energy of muscular contraction.
 - c. Various changes during muscular contraction.
 - d. Aerobic and anaerobic muscular activity.
 - e. Aerobic and anaerobic muscular activity.
- II. Physiological changes due to exercise.
 - a. Immediate effect of exercise/work on various systems of body, cardio-respiratory muscular and thermo-regulatory system,
 - b. Effect of conditioning and training:
 - (i) Heart and circulatory training.
 - (ii) Respiratory system.
 - (iii) Brief discussion on other system during rest, sub-maximal and work.
 - c. Oxygen debt, forced expiratory volume, breathing capacity, recovery rate.
 - d. Blood supply to skeletal muscle and regulation of blood flow during exercise.

3. Sports Biomechanics

- I. Linear, angular and general motion
 - a. Distance and displacement (linear and angular)
 - b. Speed and velocity (linear and angular)
 - c. Acceleration for linear and angular motion.
 - d. Relationship for linear and angular.
 - e. Centrifugal and centripetal forces.
 - f. Newton's laws of motion as applicable to linear and angular motion.
- II.
 - a. Force – meaning, units of force, effects of force, sources of force, components and resultant.
 - b. Work, power and energy.

- c. Projectiles, momentum and Impulse
- d. Stability (Static and Dynamic)
- e. Spin, impact and elasticity.

III. Mechanical analysis of fundamental movements.

4. Evaluation Techniques in Physical Education.

- I. Selection and construction of tests.
 - a. Criteria of test Selections- Selections authenticity, (Reliability, validity, objective, norms) administrative feasibility and education application.
 - b. Classification of tests: Standardized and teacher made tests (Objective and subjective tests)
 - c. Construction of test: Knowledge tests (Written test) and skill tests.
- II. Critical evaluation of tests for Physical fitness, motor fitness and sports skill tests.
- III. Anthropometric measurement.
- IV. Social & Psychological testing.
- V. Health related Physical fitness.

5. Sport Management

- I.
 - a. Management of sports in schools, colleges and Universities.
 - b. Inter- University, District, State and National levels.
 - c. India and International Olympic association.
 - d. Sports authority of India.
- II.
 - a. Changed process for the future: Theory and technique, system's approach, marketing and sponsorship approach for competitive sports, successful management in future.
 - b. Selected problems in management/administration, professional preparation, professional ethics, class discipline and students teaching.

6. Health Education

- I. Concept of Health and Health education
- II. Various levels of Health
- III. Contents of Health education
 - I. School Health services
 - II. Nutrients and their role
 - III. Balanced diet and malnutrition
 - IV. Housing and air programmes
 - V. Family welfare programmes
 - VI. Sex education]
 - VII. Drugs and alcoholism
 - VIII. Communicable diseases: TB. Malaria, AIDS
 - IX. Non-Communicable diseases: Heart diseases and diabetes

SYLLABUS OF RESEARCH ELIGIBILITY TEST FOR Ph.D. PROGRAMME

UNIT-I

- Nature , Scope and Types of Research
- Identifying the research problem(Formulation and Selection)
- Basic Literature search strategies
- Hypothesis- Formulation and Testing
- Presenting the research hypothesis
- De4limitations and Limitations
- Significance of study
- Sampling techniques
- Formulating the procedure
- Experimental research
 - Types of designs
- Writing research report

UNIT-II

- Functions of statistics
- Kinds of data and its organization
- Graphical representation of data
- Measures of Central tendency
- Measures of Variability
- Normal probability curve
- T-test and f-test
- Chi-square
- Correlation-Meaning, ,Magnitude and importance
- Scales- 6 sigma, Hall scale,, T-scale and percentile scale

UNIT-III

- Introduction and definition, aim and objectives of Physical Education
- Philosophies of Education as applies to Physical Education- Idealism, Naturalism, Realism, Pragmatism, Existentialism, Humanism
- Biological basis of Physical activity- benefits of exercise, growth and exercise, exercise and well- being, sex and age characteristics of adolescent, body types.
- Psychological; basis of Physical Education- Play and Play theories, general principles of growth and development, Principles of motor- skill acquisition, transfer of training.
- Socialization basis of Physical Education- Socialization process, social nature of men and Physical activity, sports as culture heritage of mankind, customs, traditions and sports, competition and cooperation.

UNIT-IV

- Physiology of muscular activity, Neurotransmission and movement mechanism
- Factors influencing performance in sports
- Bioenergetics and recovery process
- Athletic injuries- their management and rehabilitation
- Therapeutic modalities
- Massage manipulation and therapeutic exercises

UNIT-V

- Joints and their movements- Planes and Axes
- Kinetics, kinematics- Linear and angular, levers
- Laws of motion, principles of equilibrium and force, spin and elasticity
- Muscular Analysis of motor movements
- Mechanical Analysis of fundamental movements- running, jumping, throwing, pulling and pushing.

UNIT-VI

- Learning Process- theories and laws of learning.
- Motivation, theories and dynamics of motivation in sports.
- Psychological factors affecting sports performance- stress, anxiety, tension and aggression.
- Personality, its dimension. Theories, personality and performance.
- Individual differences and their impact on skill learning and performance.

UNIT-VII

- Professional courses in sports and Physical Education in India
- Professional Ethics
- Qualities and Qualifications of Physical Educational Personals.
- Principles of Curriculum Planning.
- Course content for academic and professional courses.
- Construction of class and school Physical Education time table.

UNIT-VIII

- Health- guiding principles of health and health Education.
- Nutrition and dietary manipulation, Obesity and its management.
- Environmental and occupational hazards and first aid.
- Communicable diseases- their preventive and therapeutic aspects.
- School health programme and personal hygiene.
- Theories and principles of recreation.

UNIT-IX

- Characteristics and principles of sports training
- Training load and Periodisation
- Training methods and specific training programme for development of various motor qualities.
- Technical and Tactical preparation for sports.
- Short term and long term training plans.
- Preparing for Competition- build up competitions, main competition, competition frequency, psychological preparation.

UNIT-X

- Principles of measurement and evaluation.
- Construction and classification of tests.
- Criteria of test selection.
- Concepts and assessment of motor fitness and health related Physical fitness.
- Skill test for Badminton Basketball, Hockey, Tennis, Soccer, Volleyball.
- Testing psychological variables- Competition anxiety, aggression, team cohesion, motivation, self concept.

UNIT-XI

- Concept and principles of management.
- Intramurals and Extramural.
- Management of infrastructure, equipments, finance and personnel.
- Methods and Techniques of teaching.
- Principles of planning Physical Education lessons.
- Concept of techniques of supervision.